



September 2014

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



CPO Pinning Ceremony

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NMCP Staff Joins USNS Comfort for Fifth COMFEX

BY REBECCA A. PERRON
NMCP Public Affairs

About 190 Naval Medical Center Portsmouth staff participated in the Comfort Exercise aboard USNS Comfort from Sept. 8 – 12, with a mass casualty drill held Sept. 11. Another 50 medical personnel came from other east coast military treatment facilities.

This was the fifth COMFEX since the ship has been homeported in Norfolk. The weeklong exercises train the “critical core” crew, who are responsible for preparing the hospital to get underway for a mission. Missions include support for wounded warriors from the battlefield and those wounded during a natural disaster, as well as humanitarian missions such as Continuing Promise 2015.

“For this particular exercise, we increased the scope and the depth over our drill in February,” said Capt. Cindy Baggott, Comfort’s Director of Nursing Services. “We know that folks have the clinical background to be able to do the drill, and our focus today was on those things that are different here on USNS Comfort. So, patient flow, how we order medications, labs, X-rays, and those communications that are essential so we can perform the clinical components.”

NMCP’s Healthcare Simulation Center brought high-fidelity mannequins on board Comfort for the first time, increasing the realism of the mass casualty drill. The drill began with mannequins staged on the flight deck to simulate arrival by helicopter. The mannequins were rushed to the triage area



Lt. Cmdr. Kevin Brown, a vascular surgeon from Walter Reed National Military Medical Center, center, leads the team of doctors and corpsmen in Casualty Receiving how respond to the simulated blast injury victim.

inside before being moved to Casualty Receiving.

“We are the ER for the ship,” said Hospital Corpsman 2nd Class (FMF/EXW/CAC) Patrick Gravel, who is assigned to CASREC. “The patients will come in from the helo, via the flight deck crew and down through the elevators into Casualty Receiving. We’ll assess them. If they need to be stabilized, we will stabilize the patient and get them on to the next echelon of care, whether that’s the OR or on to one of the wards.”

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Photo by MC2 (SW) Terah Bryant

Suicide Prevention, Awareness Day

The Wellness Department, along with Lokey the therapy dog, handed out stress buster information cards and talked about managing stress during the workday during the Suicide Prevention/Awareness Day Fair on Sept. 9.

To read more about the fair, see page 10.

Save the Date

Navy Ball

Celebrate the 239th Navy Birthday by attending the Navy Ball at the Norfolk Waterside Marriot on Oct. 4. To purchase tickets, visit <http://norfolknavyflagship.com/app/navyball/index.html> or contact HMC French at 953-1306 in Force and Family Medicine with questions.

Pink Ribbon 5K Run

Support the cause and wear pink during the annual Pink Ribbon 5k run, hosted by the Riverview Fitness Center on Oct. 1 at 11:30 a.m. Same day registration starts at 10 a.m. inside the fitness center. Those who would like to volunteer to assist with the event should email Jennifer Slater at Jennifer.slater@med.navy.mil and plan to be at the center from 10 a.m. – 1 p.m.

Parenting in a Military Family

Parenting in a Military Family workshop on Oct. 20 and Oct. 27 from 1 – 3:30 p.m. at Fleet and Family Support Center, NMCP's Bldg. 249 next to the Child Wait Center. Explore what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation.

Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children. The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

Car Buying Strategies

Car Buying Strategies workshop on Oct. 29 from 2 – 3 p.m. at Fleet and

Family Support Center, NMCP's Bldg. 249 next to the Child Wait Center. Looking for a car but don't want to get taken for a ride? Learn all the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics and tricks to watch out for. The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

STEP Parenting Class

The Systematic Training for Effective Parenting – or STEP – is a seven-session class on Wednesdays from Nov. 5 – Dec. 10, from 9 – 11:30 a.m. at Fleet and Family Support Center, NMCP's Bldg. 249 next to the Child Wait Center.

The class helps parents develop a positive and consistent approach for dealing with the special challenges of children. Topics include ways to help your children become more responsible, respectful, and cooperative.

Learn about communication, discipline, and the goals of misbehavior, mutual respect, and family meetings. The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse and Medical Service Corps active and retired officers and their spouses in Hampton Roads. The club is a charitable organization benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

For membership information, email tideater.oakleaf@gmail.com.

THE COURIER

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MC1 (SW/ EXW/AW)

Gary Johnson

MC1 (SW/AW)

Abraham Essenmacher

MC2 (SW/AW) Terah Bryant

MM3 Domonique Crisostomo

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Submissions should be in Word format, with photos submitted separately from the document and in jpeg or tiff format.

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NMCP Commander

Four Lenses by Which I View Things

By REBECCA A. PERRON
NMCP Public Affairs

Rear Adm. Terry Moulton, the commander of Naval Medical Center Portsmouth, likes to share “the four lenses by which I view things,” and often talks about his vision for the facility with new staff, as he did most recently during command orientation on Sept. 23.

Moulton’s first and most important lens is the “culture of safety,” followed by “alignment” with the Navy surgeon general’s priorities, showing patients “caring and compassion,” and “understanding costs.”

Through the “culture of safety” lens, Moulton envisions NMCP staff continually providing health care in the safest manner possible.

“In January, Navy Medicine kicked off a campaign to raise our culture of safety and ensure everybody feels comfortable speaking up when they find themselves in a situation where something isn’t safe,” Moulton said. “We need everybody to participate. Senior folks need to make sure junior folks feel comfortable speaking up.”

“In the operating room, we are talking about taking a ‘time out,’ and then making sure everybody feels comfortable before proceeding,” Moulton said. “TeamSTEPPS® training is about teamwork and the focus is on safety, so we have multiple initiatives going on that relates to the culture of safety, which is very important to us.”

TeamSTEPPS®, which stands for Team Strategies and Tools to Enhance Performance and Patient Safety, gives health care professionals a set of tools to improve communication and teamwork, thus optimizing patient outcomes.

“The second lens is alignment, that is, we are aligning with the surgeon general’s goals of Readiness, Value and Jointness,”

Moulton said.

RVJ means concentrating on adding more value to the health care Navy Medicine delivers while increasing jointness among the services that provide that care, while maintaining the high state of medical readiness for the naval forces.

“We are aligning our policies and focusing on what’s most important,” Moulton said. “By setting policies and aligning things in a good way, we are bringing the three services together, measuring standards of care the same way and making processes the same.”

Moulton explained that for NMCP, bringing the services together means putting U.S. Air Force Hospital Langley, McDonald Army Health Center at Joint Base-Eustis, and NMCP under one umbrella called the Tidewater enhanced Multi-service Market, forming a three-hospital system.

“As we go forward, all of us will be working on the market,” Moulton said. “It’s not just about Portsmouth, it’s about the market – how do we take care of all of the beneficiaries in the market?”

Moulton answered his own question: Making sure appointments are filled across the market. He used the gastroenterology specialty as an example.

“Our job is to fill up those appointments,” he said. “We have 80 GI doctors waiting to perform scopes and other GI procedures. So NMCP’s providers may go to Langley to see patients, or Langley’s providers may come here. We need to ensure all beneficiaries within the market have the same access to care and same standard of care across the market.”

The market includes 400,000 beneficiaries in the region;

— See LENS, Page 5



Photo by MCC (SW/AW) Leslie Tomaino

RMC Chief, Chief Selects Donate Toys to Peds Ward

Chiefs and Chief Selects from the Norfolk Ship Support Activity - Regional Maintenance Center visited patients in the NMCP Pediatrics Ward on Sept 10. The Chief Selects and their sponsors treated the children to toys and fun conversation. This was one of many community activities the Chief Selects participated in during their six weeks of CPO 365 Phase 3, leading up to the Navywide Chief pinning Sept 16.

MMCS Levere Rose, GMC Lee Davidson, and HMC (Select) Chad Simpson talk with Mitchell, 9, who is an avid Lego fan and builder and excited to receive a building crane toy.

Psychology Interns Graduate, Ready to Treat Patients

STORY AND PHOTOS BY
MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

The Naval Medical Center Portsmouth 2014 Psychology Intern class graduated Aug. 26 during a ceremony marking the end of their yearlong American Psychological Association accredited training program.

The four graduates this year – Lt. Stephanie Gaines, Lt. Kristen Ruscio, Lt. Alelah Selkirk and Lt. Arlie Sterling – completed four, three-month rotations exposing them to different aspects of Navy psychology and are now prepared to treat patients in the field or in the fleet.

Cmdr. Greg Caron, the psychology internship program director, delivered opening remarks at the ceremony and spoke about the skills new graduates have acquired and the journeys that await them.

“We are here to celebrate a significant milestone in the careers of the Navy’s newest clinical psychologists,” Caron said. “They are about to go out and use the skills learned this year and years leading up to now, to deliver the highest quality care to our service members and their families.”

Capt. Bradford Smith, NMCP deputy commander, was the guest speaker and talked about how the graduates will play a critical role in today’s military.

“This is an amazing accomplishment that took a long time and a lot of sacrifice to get to this point,” said Smith. “Mental health is a critical part of ensuring our warfighters are operationally ready. Their role in ensuring the health and readiness will be paramount, as well as being able to help heal those service members who have psychological injuries.”

This year’s class spent three of their four rotations exclusively inside NMCP at the Inpatient and Outpatient Psychiatric wards. They were also assigned to the Primary Care Clinic and Substance Abuse Rehabilitation Program clinic. The fourth rotation was spent alternating between the NMCP Outpatient Ward and the Veterans Affairs Hospital in Hampton.

“The training has just covered so many different bases and has been absolutely great,” said Sterling, who is transferring to Twentynine Palms, Calif. “I have been very blessed with all the



The four graduates of NMCP’s 2014 Psychology Intern class are, from left, Lt. Stephanie Gaines, Lt. Kristen Ruscio, Lt. Alelah Selkirk and Lt. Arlie Sterling.

opportunities so far in this program, and I am looking forward to all the exciting opportunities that are out there after graduation.”

Every member of this group has experienced different scenarios this year, but the one thing they all agreed on was that the program has been challenging and rewarding at the same time.

“This has definitely been a challenging year, but it has actually been my favorite year of training so far,” said Ruscio, who is transferring to Naval Hospital Bremerton, Wash. “This year has been a culmination of everything we have learned so far. We get to actually put those things into practice on a fulltime basis doing actual clinical work. That is what the best thing about this year has been.”

For Ruscio, her first duty station as a psychologist will not be her first tour as a naval officer. She was previously a surface warfare officer and decided to go back to school to finish her

— See **INTERN**, next page



The graduates with family members after the ceremony.

Congratulations to Four Newly Promoted Captains

Staff, family members and friends gathered Aug. 29 to witness the promotion ceremonies for Capt. William Beckman, Capt. Kim Davis, Capt. Tim Richardson and Capt. Judy Walker (of Navy Medicine East).



Capt. Tim Richardson, director for Resource Management, with his brother and mother.



Capt. Judy Walker, Navy Medicine East, with her mother and NME commander Rear Adm. Terry Moulton following her promotion ceremony at NMCP on Aug. 29.



Capt. Kim Davis, director of Surgical Services, with her family following her promotion ceremony.



Capt. William Beckman, director for Professional Education, with his father, wife and daughter following his promotion ceremony.

Photos by MC1 (SW/AW) Abraham Essenmacher and MC1 (SW/EXW/AW) Gary Johnson

INTERN — *Continued from previous page*
degree in psychology.

"I initially came into the Navy as a surface warfare officer. I loved the Navy, but didn't want to stay a SWO," said Ruscio. "I got my undergrad in psychology, so thanks to this program, I was able to go back to school and get the best of both worlds. I was able to finish my degree to do the job I wanted while still serving in the Navy."

This year's graduation marks the fourth year of the program since its reinstatement in 2010. The program was originally created in 1990, but was put on a six-year hiatus in 2004. The Navy then realized a need for more psychologists and restarted the program.

LENS — *Continued from page 3*

106,000 are enrolled to NMCP and its branch health clinics for primary care. Moulton said that being in the position of caring for the fleet, retirees and their families creates a relationship based on trust, which leads to the third lens: "caring and compassion."

"Our beneficiaries believe in us and they trust us in the care that we provide, so I want to continue to earn that trust and that takes all of us to do that," Moulton said. "I care very deeply about our patients. I believe that our patients should be treated like we treat our grandparents – we love our grandparents and we respect them. When we walk in the hallway, we should smile and make sure they feel comfortable being here. We should look for opportunities to help our patients. Seize that opportunity to say, 'Can I help you?'"

And the last lens – understanding costs – underscores a critical time in Navy Medicine that is full of change. As Department of Defense health care costs have increased from \$19 billion in 2001 to \$53 billion today, Moulton said Navy Medicine owes it to the country to be more efficient as we continue to provide care for our war fighters and their families.

"We are really focusing on costs involved in the care that we provide," Moulton said. "We must look at how well we are filling up appointments and patient beds. We need to focus on maximizing and optimizing the number of patients we can provide care to."



“It’s already getting me in the mindset (to deploy). We don’t know what we are going to face when we get there. We are going to have all sorts of different patients. It’s just getting me in the mindset to be prepared for anything.”

— HN Amanda Walker, Comfort’s ICU

HM1 James Panagakakis of Naval Hospital Camp Lejeune, center, prepares to intubate the mannequin while HN Amanda Walker performs CPR during a “Code Blue” where the simulated patient was transported to the ICU for care.

COMFEX — Continued from Page 1

Five of the 10 simulated patients came through CASREC. Their “injuries” included a crushing injury, a fall, inhalation, a shoulder injury and a double-amputee mannequin with an abdominal wound from a blast injury. The blast was simulated in a shipboard space, with stretcher-bearers moving a manne-

quin to Casualty Receiving.

Another portion simulated a “Code Blue” where a “patient” in one of the wards stopped breathing. This gave the ward staff the opportunity to practice CPR on a mannequin while safely transporting it to the intensive care unit.

“The experience is great,” said Cmdr. Christopher Niles, the senior nurse for CASREC. “I’m an ER nurse by trade, so putting all different people together, and then seeing throughout the week how everyone starts working together as a team – we’ve learned a great deal about working together and how the ship works. The exercise showed us how operationally ready we can be, so I think it went well.”

“It’s definitely improved –

moving toward the future,” said Lt. j. g. Danielle Quintana, a nurse in Comfort’s OR, comparing the September drill to February’s. “Going from a crawl, walk, run stage, we are starting to pick up a jog, especially with the simulation that came aboard for this COMFEX.”

According to Quintana, the OR staff used the drill to test and ensure their processes were up to date and, above all, safe.

“The drill shows us the processes that are in place, and which processes need a little more work to be completely functional,” Quintana said. “The last time the ship got underway wasn’t just last week, so we need to continue to test processes and equipment.”

The exercise, and specifically the drill, helped junior staff become more prepared well.”

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Stretcher-bearers use a rope to help move a simulated blast injury victim up a ladder on the way to Casualty Receiving.





Hospital corpsmen in Casualty Receiving prepare the simulated patient for transport to the operating room after taking X-rays and placing a brace on the mannequin's leg.

COMFEX — *Continued from previous page*

for their role on board Comfort. Hospitalman Amanda Walker and Hospitalman Recruit Robert Walton, both assigned to Comfort's ICU, were responsible for recording compressions, maintaining airways and checking pulses on simulated patients, and being a runner to the blood bank and pharmacy.

"It's already getting me in the mindset (to deploy)," Walker said. "We don't know what we are going to face when we get there. We are going to have all sorts of different patients. It's just getting me in the mindset to be prepared for anything."

"When it's time to initiate (a deployment), it will provide a more relaxing mood, because I've done this before," Walton said. "We can simulate everything, like being in the middle of a code, so it provides a precursor of things to come."

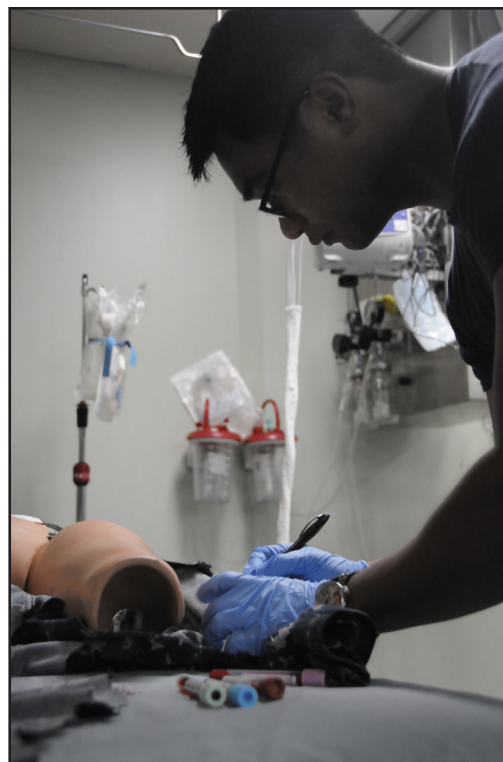
With the full critical core crew identified, they continue to

advance their training throughout the year and, according

to the commanding officer of Comfort's medical treatment facility, have made significant progress in preparing to be deployed.

"As the commanding officer in charge of operating a hospital, the things I'm most concerned about are how well prepared are the medical facilities and how well prepared are the people," Capt. Rachel Haltner said. "Obviously, I'm proud."

The next COMFEX is scheduled for December as the critical core continues to prepare for Continuing Promise 2015.



A corpsman in Casualty Receiving labels a vial of simulated blood during the mass casualty drill before sending it off to the lab for processing.



Women's Equality Day

Women's Equality Day guest speaker Sonya Phillips, president of the ZONTA Club of Hampton Roads, delivers her remarks to NMCP staff and others in attendance in the chapel, Aug. 26. Phillips and Cmdr. Maria Norbeck conclude the Women's Equality Day observance ceremony by cutting a cake prepared for the event. This year's theme for Women's Equality Day was "Voting," celebrating the passage of the 19th Amendment authorizing women the right to vote.



Photos by MC1 (SW/AW) Abraham Essenmacher

Command Picnic

PHOTOS BY MC₂ (SW) TERAH BRYANT AND
MC₁ (SW/AW) ABRAHAM ESSENMACHER

Staff and family members of NMCP enjoyed a beautiful day at the command picnic Aug. 22 held on Hospital Point. MWR hosted the picnic, but it was also supported by the chief, first class and second class petty officer associations. There was plenty of food and lots of fun: volleyball, bounce houses for the kids, corn hole and a dunk tank.





Staff Brings Suicide Awareness to Forefront

STORY AND PHOTOS BY MC2 (SW) TERAH BRYANT
NMCP Public Affairs

Naval Medical Center Portsmouth staff raised suicide awareness Sept. 9 by displaying informational booths on Suicide Prevention/Awareness Day.

Eleven groups set up displays to disseminate information on suicide prevention, awareness and various factors supporting this year's theme of "Every Sailor, Every Day." Eight groups were NMCP staff and were joined by Military OneSource, Fleet and Family Support Center and Navy-Marine Corps Public Health Center.

"We decided to have booth and displays at the fair as a way to encourage our staff to become fully engaged in communicating the importance of suicide prevention and good mental health hygiene," said Lt. Cmdr. Marion Collins, NMCP command suicide prevention coordinator. "It was impressive to walk through the hallway and see the creative methods our staff came up with to address such a difficult matter."

The Wellness Department passed out "Work Stress Buster" informational cards to assist personnel in handling stress while at work.

"We wanted to focus on resilience because suicide prevention is well covered with all of the other booths," said Lt. Karen Downer, who was part of the Wellness Department booth. "We want to catch people before they get to the level of hurting themselves."

Laboratory staff used a visual display of the Rubber Band Theory to demonstrate the effects of stressors in one's life. One Sailor stood in the middle while others represented different stressors in life such as money, work and finances. All had strings attached and pulled her into many directions at once.

"We wanted that visual of being pulled into too many directions," said Hospital Corpsman 3rd Class Jamie Berg. "If you



Laboratory staff act out the Rubber Band Theory showing the different stressors that can affect one's life.

don't ask for help, you can break."

Members of the Coalition of Sailors Against Destructive Decisions distributed ribbons for suicide awareness and Mental Health Week. Sailors also passed out fact sheets to make others knowledgeable about warning signs and statistics concerning suicide.

"We never know when life will take a toll on us, and we may find ourselves in a situation feeling hopeless and alone. We need to do our part to change these beliefs through education, resources and intervention," Collins said.

According to Collins there has been a rise in suicides from last year.

"Our Navy has lost a total of 41 active duty Sailors this year, which is far too many considering last calendar year the total was 43, and it is only September," Collins said.

One of the Navy's initiatives to raise awareness for suicide is to ACT; Ask, Care and Treat. Ask the person if they are plan to hurt themselves, show them they are cared for and get them the treatment they need.

"We all need to ACT when we see someone struggling with the symptoms of depression," Collins said.

A banner stating "We Pledge to Act" is hung in NMCP's Bldg. 2 for staff and guests to sign. In conclusion of the Suicide Prevention/Awareness Fair, certificates were handed out to the top three booths on display. CSADD took third place, Wellness Department with second place and taking first place was the

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Rear Adm. Terry Moulton, NMCP commander, and CMDCM (SW/AW/FMF) Michael James sign the "We Pledge to Act" banner.

NMCP Feds Feed Families Campaign Exceeds Goal by 50 Percent

By MCC (SW/AW) LESLIE TOMAINO
NMCP Public Affairs

Naval Medical Center Portsmouth collected more than 1,500 pounds of food during the annual Feds Feed Families campaign, surpassing its goal of 1,000 pounds. The campaign ran from June 1 until Aug. 25. Donations benefited the Foodbank of Southeastern Virginia and the Eastern Shore.

The campaign is a voluntary effort supported by federal employees across the country who collect and donate food for those in need in their local area.

This year's drive was spearheaded by Religious Program Specialist 1st Class Elizabeth Wilson of Pastoral Care Services, who led a team of command members in collecting the donations and transporting to area foodbanks.

Hospital Corpsman 2nd Class Sheena Coy assisted by placing collection boxes and flyers throughout the command,

challenging staff in each department to fill at least one box.

"I volunteered to represent our Public Health Services directorate because I enjoy helping families in need, children or the homeless," Coy said. "I am one who likes immediate impact and, with these types of activities, it's almost immediate. To me, this campaign is different from other drives, because it is run solely by federal



feds feed families

employees and is available free to all."

Feds Feed Families times its campaign during the summer months when donations are slow, yet the need is high when children do not receive meals through

their schools. The 2013 campaign collected nearly 9 million pounds of food, helping foodbanks throughout the country to feed families in need.

"A great many of us in the military and federal government have at some time been in a situation where programs such as this would be the reason one could continue to keep the lights or power on," Coy said. "This drive donates food to families who are having a hard time making ends meet, and in turn, they can go down to the foodbank and receive nutritious food."

"The Feds Feed Families food drive goes a long way in helping the Foodbank meet its goal of providing meals to those who are hungry in our community," said Marianne Smith Vargas, chief philanthropy officer for the Foodbank of Southeastern Virginia and the Eastern Shore. "Each can, box, bag and dollar makes its way to the children, families and seniors we serve, making sure that they have nutritious food on their tables and hope in their hearts."

For those who would like to assist the Foodbank of Southeastern Virginia outside of the Feds Feed Families campaign, visit www.foodbankonline.org to find out how.

SUICIDE —

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laboratory staff.

For further information or assistance, contact a chaplain or a medical or mental health provider. Those who are in need of immediate assistance should call the National Suicide Prevention Hotline at (800) 273-8255 or text 838255.

HM2 (FMF/SW) Jose Flores speaks to Rear Adm. Terry Moulton, NMCP commander, and CMDM (SW/AW/FMF) Michael James about Family Medicine's booth.



9/11 Remembrance Run

It was a warm day and sunny day Sept. 11 – much like Sept. 11, 2001 – as staff gathered to remember and participate in the command's annual 9/11 Remembrance Run. Rear Adm. Terry Moulton, NMCP commander, was stationed at the Pentagon 13 years ago, and shared his memories of the scene after one of the hijacked planes crashed into the facility.



Photos by MC1 (SW/AW) Abraham Essenmacher

Rear Adm. Terry Moulton, NMCP commander, delivers his remarks to staff prior to the 9/11 Remembrance Run.

Left: Participants of the 9/11 Remembrance Run gather in front of Bldg. 1 and listen to CMDCM (SW/AW/FMF) Michael James deliver his remarks prior to the event.



NMCP staff begin the 9/11 Remembrance Run in front of Bldg. 1, taking them through a mile and a half to their return.

Below: NMCP staff near the completion of the annual 9/11 Remembrance Run.



The mile-and-a-half run commenced after a bagpipe rendition of Amazing Grace.



CPO Selectees Trade Chevrons for Anchors

By MC₂ (SW) TERAH L. BRYANT
NMCP Public Affairs

Sailors assigned to Naval Medical Center Portsmouth received khaki covers and gold anchors at the chief petty officer pinning ceremony Sept. 16.

NMCP Chief's Mess lined the walls of the auditorium as the nine selectees marched down the aisles and onto the stage proudly singing cadence to begin the ceremony.

"It is with great pleasure to welcome you all to a proud Navy tradition," said Command Master Chief (SW/AW/FMF) Michael James. "It was especially an honor for me during the second phase because 15 years ago I was putting on chief and now I get to instill principal values into our newest chiefs."

The seasons for chief selectees has evolved over the years from initiation to induction and finally Phase Two of the CPO 365 program.

CPO 365 is a year-long program that brings together CPO and first class petty officers for training.

"Instead of five weeks, we now have all year long to train first classes to become chiefs," said James. "During Phase Two, we are able to tweak the fundamentals they have already been given."

Rear Adm. Terry Moulton, NMCP commander, also spoke to the selectees and guests.

"I wish you heartfelt congratulations, as this is a day you will never forget," said Moulton.

The guest speaker was retired Master Chief Petty Officer of

the Navy James Herdt, who spoke about the importance of the CPO 365 program.

"CPO 365 Phase One strengthens the leadership tremendously," said Herdt. "To bring all the first classes together to train with the chiefs is important."



Photos by MCCA (IDW/EXW/AW) James Perkins

NMCP's newly frocked chief petty officers, from left: HMC Antoinette Saunders, HMC Joshua Ash, OSC Tai Petties, CSC Darryl Smith, HMC Demetrius Aldridge, HMC Kristina Decena, HMC Trishonya McMiheik and HMC Jana Nonthaveth.

"There is no more powerful group inside the Navy like the CPO mess," said Herdt.

One by one, selectees were called to the stage where family members, friends and sponsors pinned on their gold anchors and placed a new cover on their head. Once pinned, Sailors marched to the middle of the auditorium where they were officially rung aboard as a chief.

Every retired or active duty chief, senior chief and master chief in the auditorium rose to their feet and donned their covers for the CPO creed.

As the new chief petty officers were presented to the guests, the NMCP CPO Mess sang Anchors Aweigh to conclude the ceremony.



Rear Adm. Terry Moulton, NMCP commander, center, and the Navy's ninth MCPON, James Herdt, center left, join the newest chiefs in cutting the cake at the reception following their pinning ceremony.

Civilian in the Spotlight

David J. Foy

Hometown: Belton, Texas

Years of government: 13 years civilian service (six at NMCP), served six years active duty as HM3 (SS)

Job: Psychiatric Technician

What do you like most about your job? I love doing Psycho-Therapy.

What do you do in your off-duty time/hobbies? Stand-up comedian, life coach.

Favorite movie: Face-off

Favorite food: Prime Rib

Anything else interesting about yourself that you would like to tell us? I was also a qualified submarine Sailor for two years before “striking” hospital corpsman.

Why was he nominated as Civilian in the Spotlight? “Mr. Foy is a motivator and an outstanding civilian psychiatric technician who performs all aspects of his job in providing patient care with enthusiasm,” said Hospital Corpsman 1st Class Dedra Boyd. “Always professional, Mr. Foy is able to effectively communicate to patients and has great rapport with staff. His efforts consistently contribute to the overall daily mission of the command and to the Navy. We nominated him because of his outstanding job performance for the Directorate of Mental Health.”



Photos by MC2 (SW) Terah Bryant

Sailor in the Spotlight

HN Addison Xiong

Hometown: Sacramento, Calif.

Years of naval service: 1.5 years, one year at NMCP

Job: General hospital corpsman, Outpatient Psychiatry

What do you like most about your job? The best part of my job is patient care, patient's satisfaction and customer services. If I can make my patients feel welcome and leave feeling satisfied, I am doing my job.

What do you do in your off-duty time/hobbies? I like to exercise at the gym and play sports. My favorite hobbies are fixing cars and cooking.

Favorite movie: My favorite movie is Transformer. I wish I had a car that can transform into a super intelligent robot.

Favorite food: My favorite foods are steak, chicken breasts with broccoli. Since I enlisted, I have been eating healthy to stay suitable for the Navy.



Anything else interesting about yourself that you would like to tell us? I come from a big family. I have nine siblings and I am the third child, eldest son. I am responsible and love to put a smile on everyone's face.

Why was he nominated as Sailor in the Spotlight? “HN Xiong demonstrates superb communication skills, flexibility, outstanding initiative and inspiring Esprit De Corps,” said Hospital Corpsman 1st Class (SW) Brittany Sanders, leading petty officer. “Respected by all for perseverance in completing tasks and is recognized for intelligent, thoughtful and common sense decision making. Displays extreme capability and confidence and meets challenges with enthusiasm and vigor. His ‘team first’ philosophy has led to positive improvements in the directorate and has been the catalyst for an exceptional team dynamic. HN Xiong is an exemplary representative of the Navy; he embodies the Navy core values of honor, courage and commitment, and is routinely sought out by juniors and seniors alike.”

AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Paul David
Capt. Ashley Schroeder
Cmdr. Michael Barker

NAVY & MARINE CORPS COMMENDATION MEDAL

Lt. Cmdr. Kristen Betak
Lt. Cmdr. Brian Ellis
Lt. Cmdr. Eric Kent
Lt. Cmdr. Matthew Matiassek
Lt. Cmdr. Jeremy Venske
FCC (SW/AW) Steven Daggett
ETC (SW/EXW) David Franklin
HM1 (SW) Adam Middaugh

JOINT SERVICE ACHIEVEMENT MEDAL

HM2 Eric Metzger

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Matt Beery
Lt. Molly Fowler
Lt. Derek Maier
Lt. Francisco Rodriguez-Sosa
Lt. j.g. Blake Debooth
Lt. j.g. Jennifer Motzkus
HM1 (SW/AW) Sabrina Camp
HM1 (SW) Kevin Corner
LS1 (SW) Leigh Handley
HM1 (SW) Joaquin Lopez

LS1 (SW) Curtis Shefland
HM1 (SW/AW) Jodi Snider
HM1 Jennifer Webb
HM2 William Cruz
HM2 (SW/AW) Eli Garcia
HM2 Raul Nieves
HM2 Dennis Nyambane
HM2 (AW) Lindsey Pruett
HM2 (FMF) Javier Sanchez
AO2 (AW) Zachary Sonson
HM3 Joshua Allard
HM3 (FMF) Rafael Amezcua
HM3 Christopher Esparsen
HM3 Jessica Ginapp
HM3 John Hodges
HM3 Christopher Huynh
HM3 (SW) Lorrin Logan
PS3 Alicia Mendryga
HM3 Crystal Phippsbloomfeldt
HM3 Tyler Tennant
HM3 Dara Zuniga
HN Kelsie Alexander
HN Myles Diamond
HN Alyssa Dowdy
HN Desiraa Jordan
HN Brian McLaughlin

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

HN Shanee Davillier



The monthly award ceremony recognized 22 staff members on Sept. 10. The awards presented included one Meritorious Service Medal, one Joint Service Commendation Medal, one Navy and Marine Corps Commendation Medal, four Navy and Marine Corps Achievement Medals, one Military Outstanding Volunteer Service Medal, five Flag Letters of Commendation, six Letters of Commendation and two command coins.

Photo by MC1 (SW/AW) Abraham Essenmacher

SHIPMATE OF THE MONTH



Photos by MC1 (SW/AW) Abraham Essenmacher

HM₃ AARON CLEARY, DSS
HN TAMANTA COUTAIN-WILLIAMS, DMS
HM₃ JAMYCIA CLICK, DPE
EM₂ KARLA FLESHMAN, DFA
HN BAYU GETACHEW HAILU, DCSS

HM₃ JOAOPAULO LIMA, DNS
HA COURTNEY MEYER, DPHS
HN JOSEPH PROUTY, DPC
HM₃ KENNETH STANTON, CPC
HN SHERINA WORDLAW, DQM

MENTOR OF THE MONTH

Hospital Corpsman 1st Class (SW) Danielle Duty has worked at NMCP since September 2013 and is the senior enlisted leader executive assistant and directorate leading petty officer for the Public Health Services Directorate.

Her daily job includes directly reporting to the DPHS senior enlisted leader about administrative management and departmental responsibilities. She manages and leads 147 staff within seven departments, including their medical and dental readiness, training compliancy, the Sponsorship Program and Mentorship Committee.

"The great part about being a leader is I have the opportunity to provide mentorship and guidance to all the Sailors within my directorate daily. Outside of daily interaction, I have two formal mentor and protégé relationships," Duty said.

Since she has been a part of the mentorship team, they have explored ways to attract the attention of young Sailors.

"We hold monthly speed mentoring sessions and various events that include breakfast and lunch sit-downs, NEC Fairs and awareness booths. Within my directorate, I established a Mentorship Program, ensuring all Sailors were given the opportunity to seek out or be assigned a mentor within 30 days of checking on board," Duty said.

According to Duty, it builds a trustworthy relationship allowing the protégé to gain an outside perspective on their career and allowing the mentor to pass

on the advice and knowledge they have gained throughout their years.

"Without my mentors, I would not be where I am at today. Pay it forward!" Duty exclaimed.

Her recommendation for other mentors is to be 110 percent dedicated to the mentor/protégé partnership established. If the mentor/protégé partnership is no longer beneficial for both parties, it's probably time to seek that growth elsewhere.

Duty is motivated by "seeing the positive growth and success of those I have had the opportunity to mentor along the way."



Photo by MC2 (SW) Terah Bryant

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.